
COMPANION GUIDE FOR COMMUNITY EDUCATION AND AWARENESS

Module: Alcohol Use

Overview

The module format is designed to provide general information, facts, and sample reflection/discussion questions about alcohol use in an older age:

Before the presentation, review the PowerPoint, especially the “notes” pages for a suggested script. You can customize and revise them based on community needs and your audience. You can remove and/or add information that is relevant for your community.

- For example: If you have a specific statistic relating to alcohol use in your community, add that.
- For example: Add your local community resources to the Resources slide.

Introduction to This Module

Subject

This module focuses on addressing alcohol use in old age, including its potential effect on health as older adults’ metabolism changes, suggested daily consumption, risks of overuse, and differences of using alcohol for older men and women.

Intended audience

The intended audience for all community education and awareness modules is older adults in the community in which you are serving. The audience may vary depending on if you work in a rural, urban, small, large, etc. community.

Importance of alcohol use and older adults

- Studies show that alcohol overuse is associated with increased risks of health issues.
- Alcohol misuse or overuse could worsen many health conditions and cause more severe health problems such as stroke, high blood pressure, memory loss, and mood disorders.

Module objectives

At the end of the presentation, the audience should be able to:

- understand why it is important to get the facts about aging and alcohol use
- be aware of the recommended consumption amount of alcohol

- recognize if their alcohol use is at a relatively healthy level and/or if they are at risk of overusing alcohol
- understand the differences of alcohol consumption between older men and women
- know who to talk to or what resource is available in their community if they need further information and/or support
- apply what they learned in the module into better manage their alcohol use

Module Layout

Module structure

Slide #	Slide	Key Points (For full script, please refer to note section on each slide)
1 (U)	<u>Title:</u> Is Alcohol Affecting Your Health?	<ul style="list-style-type: none"> ● Presenter self-introduction ● Organization that presenter is representing
2 (U)	<u>Introductions</u>	<ul style="list-style-type: none"> ● Participants introduce themselves ● Consider the size of the group and adjust the introduction
3	Why is getting the facts about aging and alcohol important?	<ul style="list-style-type: none"> ● Older adults probably have different health conditions that might interact with alcohol use and cause unwanted results ● Importance of knowing about alcohol use and over-consumption
4	What are some metabolic changes in older adults?	<ul style="list-style-type: none"> ● Illustrate how body mechanism changes could affect use of alcohol in old age
5	Recommended alcohol use level	<ul style="list-style-type: none"> ● Show the recommended safer and healthier drinking level
6	Alcohol misuse could happen	<ul style="list-style-type: none"> ● De-stigmatize the use of alcohol by pointing out that alcohol misuse could happen to anyone unintentionally ● Also raise awareness that using alcohol wisely and monitor with a little more carefulness
7	How does alcohol overuse affect health?	<ul style="list-style-type: none"> ● Potential health consequences resulting from alcohol over-consumption in older adults
8	Signs of alcohol overconsumption	<ul style="list-style-type: none"> ● “Symptoms” that might be associated with alcohol overuse for the purpose of recognizing the issue at an earlier stage
9	How is alcohol use different for older men and women?	<ul style="list-style-type: none"> ● Different physical and mental nature and different life experiences (e.g. longer life expectancy for older women) contribute to the differences in alcohol use for older men and women
10 (U)	<u>Reflection:</u> Can I be at risk?	<ul style="list-style-type: none"> ● As a reflection opportunity for participants regarding their alcohol use ● Start the discussion with questions provided ● Be aware that participants could skip some questions if he/she finds it’s too personal or sensitive

		<ul style="list-style-type: none"> • Questions addressed are used as a “pre-screening” tool which come from Geriatrics at Your Fingertips, 2015 Pocket Guide, p. 315 • Participants should be know if they answer according to amounts higher than those which are recommended on slide 5 (drinking seven days a week, more than one standard drink per day, and more than 2 drinks on a special occasion for women and more than 3 standard drinks on a special occasion for men), then they may be at risk for alcohol overuse. • Keep in mind there are no right answers.
11 (U)	What can I do if I have a drinking problem?	<ul style="list-style-type: none"> • Introduce options that might be helpful for someone bothered by alcohol use • Add/edit strategies from your expert opinion and knowledge.
12 (U)	Community resources	<ul style="list-style-type: none"> • Empower participants with available resources in their community • Add/edit your community resources available • Resources on slides are to be used as a reference, but local sources should be added
13 (U)	Make a change	<ul style="list-style-type: none"> • Importance of making a change and keep trying with persistence in managing alcohol use
14 (U)	Thank you page	
15	Acknowledgments	Credits to Valerie Warden (Please do not remove this slide)
15 (U)	Acknowledgments	PSU, authors of the slides

Reflective session

- The primary reflective activity in this module is the “reflection” on slide 10.
- The goal of the reflective session is to engage participants in recognizing if their drinking habit is risky based on the recommended standard.
- Be prepared that some older adults might not want to share their own experience with alcohol use. You can rephrase the question by asking “Do you know anyone who might have some difficulty in managing alcohol use?” and “What have you observed as good tips to manage alcohol consumption?”
- You can pair or organize people into small groups depending on the size of your audience and available space.

Adjustments made by user(s) of the slides

- You are the key to making the presentation relevant and meaningful to your audience. Please feel free to add, delete, modify, and rearrange slides according to your community’s situation.

-
- In the “Module structure,” the capital letter “U” (for User) indicates the slides for which you may want to include information specific to your community.

Logistics

Length of presentation

The presentation should take approximately 20 minutes, not including the reflective discussion. The whole session could vary from approximately 30 minutes to one hour depending on the size of your audience and their interest level.

Special equipment requirements

To have a productive presentation, you will need a projector, a laptop (or computer located at presentation location), Internet connection (optional, for videos), note-taking paper for the audience, chairs, and handouts (to give after the presentation).

Other considerations

Consider the following items for your audience and the meeting space:

- Is the space accessible?
- Is there parking?
- Is the presentation space large enough to accommodate the audience?
- What kind of seating is available (suitable for older adults)?
- Is there enough lighting, ventilation, air conditioning in summer or heating in winter?
- Are there enough outlets, phone jacks, etc. to support equipment needs?
- Can beverages/snacks be provided? Consider possible audience food limitations (i.e., provide fruit rather than cookies).

Local resources

What local resources can you bring related to alcohol use?

- Consider bringing brochures on community activity groups, community events flyers, community center brochures, etc.
- Also consider helpful guides on alcohol use such as: handouts of helpful awareness information on the subject.

Marketing your presentation

- Consider contacting your local community and/or senior center as a place to present.
 - Ask if they will advertise your presentation on their website, community board.
- Contact your community partners/contacts to market your presentation within their clients.
- Create and distribute a flyer for your event.

Supporting Materials

Information sources

- Slides with information from the literature will name either an author or an organization at the bottom of that slide. Please see the references below for more information about any of these sources.
- We retrieved the information from nationally and/or internationally recognized organizations/publishers and made efforts to make sure the information in the slides is reliable and up-to-date (December 2015).

References

Resources for participants

Here are a few example resources for participants, feel free to add more:

- [National Institute on Aging, Alcohol Use in Older People](#)
- [National Institute on Aging, Older Adults and Alcohol Handout](#)
- [AOA, SAMHSA, Older Americans Behavioral Health Issue Brief 2: Alcohol Misuse and Abuse Prevention](#)
- [SAMHSA, Aging, Medicines, and Alcohol](#)

Resources (used for presentation and additional resources)

- [NIH Senior Health, Alcohol Use and Older Adults](#)
- [National Institute on Alcohol Abuse and Alcoholism, Older Adults](#)
- [Drink to Your Health at Menopause, or Not?](#)
- [Aging Well, Substance Abuse and Misuse in Older Adults, Summer 2008](#)
- [SAMHSA, Substance Abuse Among Older Adults](#)
- [NCBI-Ch. 2-Alcohol, Substance Abuse Among Older Adults](#)
- [NIH Alcohol Abuse and Alcoholism, Use and Misuse of Alcohol Among Older Women](#)
- [Geriatrics at Your Fingertips, 2015 Pocket Guide](#)